

Wake Windows

Month	Wake Time Length	Naps	Day Sleep	Total Sleep
1	1 Hour	4+	5-6 Hours	14-17 Hours
2	1.25 Hours	4+	5 Hours	14-17 Hours
3	1.5 Hours	4	4 Hours	14-17 Hours
4	2 Hours	3-4	4 Hours	12-15 Hours
5	2.25 Hours	3	3.5-4 Hours	12-15 Hours
6	2.5 Hours	2-3	3.5 Hours	12-15 Hours
7	2.75 Hours	2-3	3-3.5 Hours	12-15 Hours
8	3 Hours	2-3	3 Hours	12-15 Hours
9	3-3.5 Hours	2	3 Hours	12-15 Hours
10	3.5-4 Hours	2	2.5 Hours	12-15 Hours
11	4-5 Hours	1-2	2.5-3 Hours	12-15 Hours
12-18	4-6 Hours	1-2	2-3 Hours	11-14 Hours